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# PC 515 Pastoral Crisis Intervention

Stuart L. Palmer

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## **PC 515: Pastoral Crisis Intervention**

**Stuart L. Palmer, Psy.D., Instructor**

**Spring, 2003**

**Tuesday-Thursday, 9:30-10:45am**

**Class Room: M202**

**Office: 409 Stanger Hall**

**Office Hours: Tues. 2:30-4:00pm; Thur. 2:30-4:00pm**

**Phone: 858-2358**

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### **Course Description**

This pastoral counseling course is based upon the premise that crises are an essential aspect of any structured understanding of human life and development. You will learn about episodes of crises in people's lives where the stakes are very high for disintegration or for growth. A pastoral orientation and various intervention techniques for typical crises experienced in ministry will be taught and practiced. Theological and faith issues during crisis events will be examined.

### **Course Goals:**

Having successfully completed this course, you should:

1. Understand the pastor's role in crisis intervention.
2. Grasp the process of crisis development.
3. Be able to articulate a theological and biblical perspective on crises.
4. Demonstrate pastoral crisis assessment skills in a variety of situations.
5. Articulate appropriate pastoral intervention strategies to manage crises at a primary, secondary, and tertiary level.
6. Demonstrate pastoral crisis intervention skills within role-plays.

### **Required Course Texts:**

James, R. & Gilliland, B. (2001). Crisis Intervention Strategies (4<sup>th</sup> Ed.). New York: Brooks/Cole.

Janoff-Bulman, R. (1992). Shattered Assumptions: Towards a New Psychology of Trauma. New York: The Free Press.

Switzer, D. (1986). The Minister as Crisis Counselor. Nashville, Tn.: Abingdon Press.

### **Required Course Readings:**

Dunn, R. (1993). Why Bad Things Happen to Good Christians. Christian Counseling Today. October, 16-19.

Hall, M. E. & Johnson, E. L. (2001). Theodicy and Therapy: Philosophical/Theological Contributions to the Problem of Suffering. Journal of Psychology and Christianity, 20 (1), 5-17.

Seamands, S. A. (1995). The Cross and Human Suffering. The Asbury Herald. Summer, 10-12.

Thompson, D. L. (1995). Job at the Biblical Roundtable on Suffering and Divine Justice. The Asbury Herald. Summer, 6-9.

Walls, J. L. (1995). Making Sense of Evil. The Asbury Herald. Summer, 3-5.

### **Recommended Texts:**

Everstine, D. S. & Everstine, L. (1993). The Trauma Response. New York: Norton.

Puryear, D. A. (1979). Helping People in Crisis. San Francisco: Jossey-Bass.

Scott, M. J. & Stradling, S. C. (1992). Counseling for Post-traumatic Stress Disorder. London: Sage.

### **Requirements:**

You are expected to attend all classes and participate in small group activities and discussions. You should only be absent in emergencies—illness, family death or similar unavoidable situations. Emergencies do not include attending to church work or other employment. Poor attendance will negatively impact your final grade.

### **1. Pastoral Crisis Intervention Practice & Reflection Papers (25% of final grade)**

You will work in triads (i.e., groups comprised of three classmates) to refine crisis intervention skills. During your sessions establish a crisis-counseling situation. One participant is the client, another the counselor, and the third member is the observer. A round is comprised of three “sessions” of approximately 35 minutes each. Each person should be the counselor one time during each round. Focus on skills that we have recently covered in class. During the session, the observer completes the Pastoral Crisis Intervention Skills and Rating Form as a way to provide feedback to the counselor.

Round 1: February 11-March 6; Reflection and Scale **due March 11**

Round 2: March 7-April 3; Reflection and Scale **due April 8**

Round 3: April 4-May 1; Reflection and Scale **due May 6**

On the due dates you will turn in:

- a. Your rating scales that were completed during that round.

- b. A 2-page reflection paper per round which will include (a) how your skills as a pastoral crisis counselor are developing; (b) things you do well as a pastoral crisis counselor; (c) where you need improvement and how you have addressed previously identified growth areas.

## **2. Pastoral Crisis Role Plays and Group Presentations (40% of final grade)**

The class will be divided into small work groups (three or four students per group). Each group will focus on a particular type of crisis from a pastoral perspective.

- a. On your assigned Tuesday, your group will present a live 20-25 minute crisis counseling role-play from the designated studio in the Beeson Center. Make arrangements with Dale Hale and/or Doug Penix to reserve studio and video tape your role-play. The video tape will be replayed and processed in class.
- b. On the Thursday following your live group role-play, your group will present a 45-50 minute workshop dealing with that particular crisis area. Your workshop will include a BRIEF overview of the key features of this problem, and a LENGTHY discussion of pastoral crisis intervention approaches. Workshop should include a packet for class: (1) Pastoral first-aid; (2) Key summary of your presentation; (3) Resource list; (4) Reference list. **These packets should be no longer than 7-8 pages. Think of this as a Dummy's Guide to Pastoral Crisis Intervention.**

## **3. Pastoral Case Conceptualization and Intervention Plan (35% of final grade) Due Date: May 22, 2003 by 5pm in SH #409.**

As an individual you will select an aspect of your small group crisis that you want to know more about (e.g., under the general area of bereavement, you may be particularly interested in counseling family members of a person who committed suicide). Prepare a research paper (approx. 10 pages) that deals with the following items.

- a. Write a brief vignette setting the context for the paper (approx. 1 page)
- b. Pastoral Case Conceptualization—What are the critical spiritual, psychological, interpersonal and societal dynamics that play a role in the individual's, couple's or family's recovery process? Remember to consider such things as developmental, gender and ethnic issues. (approx. 4 pages)
- c. Based on required course readings (i.e., Dunn, Hall & Johnson, Seamands, Thompson and Walls) and additional research, articulate your pastoral perspective on human suffering and crises. Identify the theological and biblical issues you believe will be most salient for this individual, couple or family and how your pastoral perspective addresses these concerns. (approx. 4 pages)
- d. Create a pastoral intervention and follow-up plan for this individual, couple or family. Include two long-term goals and corresponding short-term goals. (approx. 1 page)
- e. Include an appendix in which you identify the community-based resources that are available to persons in this kind of crisis. List name of person or agency, address, phone number, and

any other information about the resource. You may use your home area or the Lexington area. These must be REAL places!

**Paper must be typed, double-spaced, 1" margin all around, using a 12-point font, such as Times New Roman. Papers must adhere to MLS format according to Slade (available in the ATS bookstore and in the library).**

## **CLASS SCHEDULE \***

<u>Week of Study/Date</u>	<u>Units of Class Sessions and Reading Assignments</u>
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### Week One

Feb. 11 & 13

Orientation to PC 515: Pastoral Crisis Intervention  
Establishing Practice & Role-play & Group  
Presentation Teams  
Pastoral Care, Counseling and Crisis Intervention  
Psychological and Spiritual Aspects of Persons

READ:

James & Gilliland-Chaps.1 & 14  
Switzer-Chap. 1 & 10

### Week Two

Feb. 18 & 20

Psychological and Spiritual Aspects of Persons  
Basic Crisis Intervention:  
Six-Step Model of Crisis Intervention  
Assessment and Intervention Skills  
Management of Crisis Cases

READ:

James & Gilliland-Chap. 2 & 3  
Switzer-Chaps. 2-4

### Week Three

Feb. 25 & 27

Basic Crisis Intervention:  
Assessment and Intervention Skills  
Management of Crisis Cases

READ:

James & Gilliland-Chaps. 2 & 3

Switzer-Chaps. 2-4

Week Four

March 4 & 6

Basic Crisis Intervention  
Assessment and Intervention Skills  
Management of Crisis Cases

READ:

James & Gilliland-Chaps 2 & 3  
Switzer-Chaps 2-4

Week Five

March 11 & 13

Basic Crisis Intervention  
Assessment and Intervention Skills  
Management of Crisis Cases

READ:

James & Gilliland-Chaps 2 & 3  
Switzer- Chaps 2-4

Week Six

March 18 & 20

Crisis, Trauma & Personhood  
Theological Issues: Problem of Evil-  
Free-Will Defense and Theodicy

READ:

Janoff-Bulman, Chaps. 1-8  
Dunn, Hall & Johnson, Thompson,  
Seamands & Walls Articles

Week Seven

March 25 & 27

Common Ministerial Crises:  
Suicide Risk  
Role-play and Workshop

READ:

James & Gilliland-Chap. 5  
Switzer-Chap. 9

Week Eight

April 1 & 3

Common Ministerial Crises:  
Bereavement and Grief  
Role-play and Workshop

READ:

James & Gilliland-Chap 9  
Switzer-Chaps 6-7

Week Nine

April 8 & 10

SPRING READING WEEK—NO CLASS

Week Ten

April 15 & 17

Common Ministerial Crises:  
Chemical Dependency/Addiction  
Role-play and Workshop

READ:

James & Gilliland-Chap 8

Week Eleven

April 22 & 24

Common Ministerial Crises:  
Domestic Violence  
Role-play and Workshop

READ:

James & Gilliland-Chap 7

Week Twelve

April 29 & May 1

Common Ministerial Crises:  
Posttraumatic Stress Disorder (PTSD)  
Role-play and Group Presentation

READ:

James & Gilliland-Chap. 4

Week Thirteen

May 6 & 8

Common Ministerial Crises:  
Marital Conflict/Divorce  
Role-play and Group Presentation  
READ:  
Switzer-Chap 8

Week Fourteen

May 13 & 15

Common Ministerial Crises:  
Family Conflict/Crisis  
Role-play and Group Presentation  
READ:  
Switzer-Chap 5

Week Fifteen

May 22, 2003

1:00-3:00pm Final Exam Period

**\* Instructor reserves right to adjust class and presentation schedule as necessary.**